



### **Confidential Contact Service**

**01633 234888**

Confidential Contacts are a small group of trusted people who are here to provide confidential support if you feel you are being bullied at work, are being accused of bullying or are witnessing bullying.

We provide you with an independent place to go in confidence where your experiences can be heard and if you wish, where you can explore ideas on what to do next.

**It is important to note that we do not report back to anybody and our conversations do not have any bearing on any investigations. It is a totally separate service which aims to support colleagues in extremely difficult circumstances.**

The Confidential Contacts are staff employed by the Health Board who have the appropriate skills to offer this confidential service including empathic listening skills, boundary setting, an understanding of bullying and harassment and confidentiality. Confidential Contacts can also sign post you to additional help or support if necessary.

Support may be either on the phone or face-to-face. The Service is self-referral only and can be accessed in confidence on 01633 234888 or alternatively email: [ABB\\_confidential\\_contact@wales.nhs.uk](mailto:ABB_confidential_contact@wales.nhs.uk)